

The State Employee Wellness Center's September Newsletter

With the kids back in school, it's time to focus on you again. See below for some programs you can participate in to head into Fall on the right foot.

Membership Information

For more information on joining the Wellness Center, please visit our website or call 303-866-2213 for an appointment. For our membership packet and wellness program information, visit

<http://www.colorado.gov/dpa/wellnesscenter/index.htm>.

September Membership Special

If you join the Wellness Center by September 15, you may also register for Cruisin' Colorful Colorado (read below for the program's description) for only \$5 (a \$15 value). To take advantage of this great offer, call 303-866-2213 or visit our website for the complete flyer (click on "Fitness Center Specials").

Cruisin' Colorful Colorado!

Are you looking for a motivational way to increase your physical activity? Then join Cruisin' Colorful Colorado TODAY and improve your fitness level. By participating, you will earn a chance to win ski passes, tickets to the Georgetown Loop Train Ride, or passes to the Royal Gorge! All you need to do is print off the attached registration form, send in \$15, and begin tracking your minutes of activity beginning September 18. You will "travel" through popular Colorado destinations while receiving weekly motivational emails. Check out the attached flyer for more information.

P.E.A.K. Weight Management Program

Registered Dietitian, Bunny Foxhoven, is back by popular demand to teach another session of the P.E.A.K. Weight Management program. Bunny has helped many of you shed pounds this year, so let's continue the trend! This program includes eight 60-minute classes, two 30-minute individual consultations, and plenty of education. Join today and get your body ready to charge through the upcoming holidays without extra weight-gain! Please view the attached flyer for more information.

Group Fitness Class Schedule

The Wellness Center offers 10 fitness classes throughout each week, and all classes are FREE to members with the exception of Power Yoga and Hatha Yoga, which cost \$42 for 8 classes. For the complete fitness class schedule, visit <http://www.colorado.gov/dpa/wellnesscenter/index.htm> and click on "Group Fitness Classes".

Member Recognition

Each month we recognize one member who has made huge achievements in the area of wellness. Please read the following motivational story about Tyson P. and his dedication to a healthy lifestyle.

Tyson joined the Wellness Center in late 2003 and has been diligently working out ever since. Although he may take a week or two off here and there, he always finds his way back to the Wellness Center. He notices that his workout routine accelerates in the fall and slows down in late winter.

Tyson makes sure to keep his core muscles strong, with daily back exercises and crunches and pushups. He has also incorporated running into his morning routine. When he's at the Wellness Center, he focuses on strengthening his core and always uses the stair-stepping machines. He realizes that he burns more calories on the stair-steppers than on anything else, so why not get more bang for your buck?

Tyson, like everybody else, sometime finds it hard to make time for exercise. He uses any excuse he can to get to the Wellness Center three times a week. He likes to workout in the afternoon to fight the 3:00pm doldrums, and once he's in a regular routine, it makes exercise so much easier.

Tyson has lost some weight recently, and feels that he is setting a positive example for his children. He wants his kids to understand that they can control their physical health through exercise and that exercise should be a part of one's daily routine.

Congratulations to Tyson for committing to incorporate exercise into his daily routine. Keep it up!

***This or That?**

Which is the more diet-friendly frozen meal?

Stouffer's Corner Bistro Sesame

Chicken (with noodles, carrots, green beans and red peppers)

Stouffer's Lean Cuisine Steak

Tips Dijon (with potatoes and green beans)

Frozen meals offer convenience, variety and flavor—especially for the culinary-challenged. There are endless possibilities these days, allowing you to eat Chinese one night and steak the next, even when on a tight budget. Here are two great examples of portion-controlled meals. The Corner Bistro Sesame Chicken offers lean protein and plenty of veggies, mixed in a sweet & sour sauce. But can Lean Cuisine really be leaner than chicken? This meal contains steak and potatoes in a creamy Dijon-pepper sauce—there are plenty of words in the "Lean" description to put fear into any dieter. Which meal is truly diet-friendly?

Did you know...

Not thrilled with what you see in the mirror? Have a little chat with your reflection.

If you tend to beat yourself up about your perceived physical flaws, try something called "mirror-exposure therapy." Here's how: Look at your reflection and describe your body in objective, nonjudgmental terms. For example, instead of saying "I have fat thighs," say, "My thighs are fuller than my calves." Changing the words can gradually change the negative feelings behind them.

Source: www.realage.com

Recipe of the Month**Granola Bars**

Serves: many

This is a quick, easy, and fun recipe that you can adapt by adding different ingredients to the mixture. Enjoy!

Ingredients:

4 cups oats

1/2 cup peanut butter

1 cup brown sugar

3/4 cup light karo syrup

Add up to 2 cups whatever you wish (ex: Craisins, chocolate chips, sunflower seeds, dried fruit, etc.)

Directions:

1. Mix all ingredients together.
2. Spray mini-muffin tins, regular muffin tins, or one large baking dish with non-stick spray. If you use a large baking dish, cut the granola into squares once you bake it.
3. Put granola mixture into pan, and really squish it down so it sticks together
4. Bake at 375 for 8-12 minutes.
5. Once the edges look a little darker, take them out and let cool a few minutes in the pan.
6. Take them out of the pan and cool on a rack.
7. Eat and enjoy!

***This or That Answer**

Stouffer's Lean Cuisine Steak Tips is the winner! How does Lean Cuisine do it? Even though steak is higher in fat than chicken, they manage to include a hearty combination of flavorful foods into this meal—for only 320 calories and 8 grams of fat. Even the sodium (890 mg) and fiber (5 grams) beats that of many frozen meals. Stouffer's other frozen entrée, Corner Bistro Sesame Chicken sounds healthy, but isn't. It packs 510 calories, almost twice the fat (15 grams), and 58% of your daily sodium intake. Remember—anything can

look or sound healthy, but don't let that fool you. Always read the nutrition facts label.

Source: www.sparkpeople.com

MAKE IT A GREAT MONTH!

Jill Ferguson

Fitness Center Manager